

# Intuition Alignment

FREE 5 Day Challenge



## DAY #3 - I AM STATEMENTS/AFFIRMATION

**Now today is a game changer...**

The 'I AM' statement is the most powerful affirmation that what ever you place after these two words is what shapes your reality...

**The ACTION STEPS for today is:**

1. The 'I AM' Statements/Affirmations are listed below.
2. Choose 3 'I AM' Affirmations that really resonates with you. Remember Consistency, Persistence & Repetition is the key to change. So repeat your affirmations continuously throughout the day.
3. Sit with each 'I AM' affirmation and record what comes up for you on a physical, mental/emotional, soul & spiritual level. Give yourself permission to feel everything. Let your senses become activated and allow your emotions to flow through you.

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## **DAY #3 - I AM STATEMENTS/AFFIRMATION**

Example: "I AM BLISS": add positive emotions to this affirmation by lightening up and radiating blissful happiness using the muscles of your face, invoke a large smile. So your physical, mental/emotional match your new affirmation.

4. Write your 3 'I AM' affirmations into the Intuition Alignment Challenge & also what you experienced when you sat with each affirmation you choose...
5. There will be a video put up inside the Intuition Alignment Challenge page, I want you to listen to it multiple times now and into the future to reinforce the new information you are applying to your mindset.

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

~ A ~

I AM ACCEPTANCE

I AM ADORABLE

I AM ABUNDANCE

I AM APPRECIATION

I AM AWARE

I AM AWARENESS

I AM AUTHENTIC

I AM ALLOWING

I AM AMAZING

I AM AWESOME

I AM ANGELIC

I AM ALTRUISTIC

~ B ~

I AM BEAUTY

I AM BEST

I AM BLESSINGS

I AM BLISS

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM BLISSFULNESS

I AM BALANCE

I AM BEAUTIFUL

~ C ~

I AM CARING

I AM CALM

I AM CREATIVE

I AM CAPABLE

I AM CHARMING

I AM COMFORTABLE

I AM CLARITY

I AM CAREFULNESS

I AM CHANGE

I AM CHEERFULNESS

I AM COLLABORATION

I AM COMFORT

I AM COMPASSION

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM CONFIDENT  
I AM CONSCIOUSNESS  
I AM CONTENT  
I AM CONTENTMENT  
I AM COURAGE  
I AM CREATIVITY  
I AM CENTERED  
I AM CLOSENESS  
I AM CELEBRATION  
I AM CUTE  
I AM CHARISMATIC

~ D ~

I AM DELICIOUS  
I AM DYNAMIC  
I AM DELIGHT  
I AM DIVINE

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

~ E ~

I AM EMPATHY

I AM ENERGY

I AM ENOUGH

I AM ENTHUSIASM

I AM EQUALITY

I AM ENLIGHTENMENT

I AM ETERNAL

I AM EMPOWERED

I AM EXPANSIVE

I AM ENCHANTED

I AM ENLIVENED

I AM REFRESHED

I AM EASE

I AM EXTRAORDINARY

~ F ~

I AM FANTASTIC

I AM FEELING GOOD

I AM FLOW

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM FABULOUS  
I AM FLOURISHING  
I AM FORGIVING  
I AM FORGIVENESS  
I AM FREE  
I AM FREEDOM  
I AM FUN  
I AM FRIENDLY  
I AM FULFILLED

~ G ~

I AM GLOW  
I AM GENEROUS  
I AM GENIUS  
I AM GENUINE  
I AM GIVING  
I AM GOOD  
I AM GOODNESS  
I AM GODDESS  
I AM GENEROSITY

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM GRACE  
I AM GRATITUDE  
I AM GROWTH  
I AM GROUNDED  
I AM GLORY  
I AM GLAD  
I AM GOOD HEALTH

~ H ~

I AM HAPPINESS  
I AM HAPPY  
I AM HOPE  
I AM HARMONIOUS  
I AM HARMONY  
I AM HEALTH  
I AM HEALTHY  
I AM HEART FULL  
I AM HELPFUL  
I AM HONESTY



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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM HELPFULNESS  
I AM HEARTFELT  
I AM HEARTWARMING

~ | ~

I AM IMAGINATION  
I AM INSPIRATION  
I AM INSPIRATIONAL  
I AM INCREDIBLE  
I AM INNOVATION  
I AM INNER PEACE  
I AM INTELLIGENCE  
I AM INTUITIVE  
I AM INVENTIVENESS  
I AM INVIGORATED

~ J ~

I AM JOY  
I AM JOYFUL  
I AM JOYOUS

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM JOVIAL  
I AM JUBILANT

~ K ~

I AM KIND-HEART  
I AM KINDNESS  
I AM KIND  
I AM KNOWLEDGE

~ L ~

I AM LIFE  
I AM LONGEVITY  
I AM LOVE  
I AM LOVABLE  
I AM LOVED  
I AM LIBERTY  
I AM LUCK  
I AM LUCKY  
I AM LIGHT

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

I AM LIVELY

I AM LOVELY

I AM LOVING ACCEPTANCE

~ M ~

I AM MEANING

I AM MAGNIFICENT

I AM MARVELOUS

I AM MIRACLE

I AM MAGIC

I AM MINDFUL

I AM MIND-BLOWING

I AM MEMORABLE

~ N ~

I AM NON-RESISTANT

I AM NICE

I AM NOURISHED

I AM NAMASTE

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

~ O ~

I AM OPTIMISTIC  
I AM OUTSTANDING  
I AM OPEN  
I AM OPEN-MINDED  
I AM OPENNESS  
I AM OPTIMISM  
I AM ORIGINALITY  
I AM OPEN HEARTED  
I AM ONENESS

~ P ~

I AM PERFECT  
I AM PERFECTION  
I AM POSITIVE ENERGY  
I AM POSITIVE THOUGHTS  
I AM PEACE  
I AM PROSPERITY

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

~ Q ~

I AM QUIETNESS

~ R ~

I AM RADIANT

I AM RELAXED

I AM RESOURCEFULNESS

I AM RESILIENCE

I AM REJUVENATED

I AM REVITALISED

~ S ~

I AM SOULFUL

I AM STRENGTH

I AM SELF-LOVE

I AM SERENITY

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## DAY #3 - I AM STATEMENTS/AFFIRMATION

I AM Affirmations

~ T ~

I AM TRANQUILITY  
I AM TRUTHFULNESS

~ U ~

I AM UNIQUE  
I AM UNITY

~ V ~

I AM VITALITY  
I AM VIBRANT  
I AM VICTORY

~ W ~

I AM WONDERFUL  
I AM WORTHY  
I AM WORTHINESS  
I AM WHOLE  
I AM WEALTH